

City of Tempe

Flag Football Rules (4th-5th):

Quick Rule Guide:

If not listed all basic football rules apply

Game Play:

- Two (2) Twenty (20) minute halves.
- Running Clock - Clock doesn't stop for out of bounds, incomplete pass, or any other penalties
- 4th-5th Flag Football plays with the Youth Size football

Scoring:

- Touchdown = 6 points
- Extra Points (P.A.T. Points After Touchdown); 1pt = Run, 2pt = Pass
 - The 5 yard line is the line of scrimmage
- Safety = 2 points

Offense:

- 7 on 7 Football
- All players are eligible receivers.
- Motion is legal, only players off the line of scrimmage.
- 1 Player on the line of scrimmage at all times prior to snap.
- Offensive line will have the same players on the line of scrimmage as the Defensive. Defenders will be 3 yards off the line of scrimmage and are eligible to make contact with the Offense.
- Stiff Arm is allowed; flag guarding is **not** allowed.
- Players can extend open handed arms to block; anything above the neck and below the waist is not allowed.
- Q.B. Keepers- Once Q.B. makes contact with another offensive player, it's considered a rushing play.
- Center may snap the ball one of three ways:
 - 1. Between the legs.
 - 2. Sideways; across the body.
 - 3. By facing the QB and passing it. No center sneaks.
- Ball carrier may spin, a player can jump but **cannot** hurdle another player.
- 1st downs are 10 yards after the original line of scrimmage
- If a team doesn't get a first (1st) down after four (4) downs, the defense then takes over on the spot of the last play.

Kick-Off/Punts:

- Kick-Off takes place on the 40 yard line off of a kicking tee.
- Kicker is 5 yards behind the line of scrimmage
- Punter holds ball & kicks. There is **no** center exchange
- Punter kicks 5 yards behind the line of scrimmage
- Once cadence is called & ball is kicked punter/kicker becomes eligible defender, and the play is live.

Please Turn Over For More Rules

Defense / Special Teams (Kick-Off/Punt):

- Blitzing is **not** allowed.
- Defensive line is 3 yards off of the line of scrimmage
- A quarterback can run with the ball if they make the attempt to hand the ball off by touching the attempted teammate with the ball. Defense can pass line of scrimmage if ball is handed off by the quarterback.
- Man or Zone defense is allowed
- Contact can be made within the first 3 yards for defenders.
- Kickoffs take place on the 40 yard line
- Punter is 3-5 yards behind center. No player can move prior to punt.
- On Punt returns if the player drops the ball from air and it hits the ground the ball is dead. The player can pick up the ball and advance if it hits the ground first before the player touches the ball.
- Fair catches are allowed
- Players need to prevent from tackling, this is flag football.

Fumbles/Muffs/Strips:

- Ball is dead at spot when player fumbles the football or their flags fall to the ground
- On QB/Center exchange; Muff or fumble will result in a loss of down. Ball is placed where the ball was muffed or fumbled after QB/Center exchange.
- On a kickoff/punt; if the ball hits the field without touching anyone, a player is allowed to pick up the ball and advance it. Ball is dead on the spot once a player has made an attempt to catch and drop the ball.
- Stripping is allowed
 - Offense remains possession if a strip is attempted and ball hits the field. Ball is dead wherever the ball lands on the field.
 - Defense remains possession once ball is taken by defense and maintains possession (full control of the football).